



OFFICIAL EMBLEM OF

# THE MAYANS

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VADE MECUM, VOLVENTIBUS ANNIS

THE MAYANS  
SAN ANTONIO,  
TEXAS

Degree

Number 5

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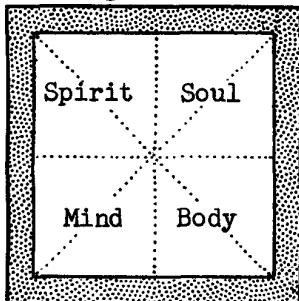
THE FIFTH REVELATION

Beloved Companion:

During the past several weeks we have asked you to send in replies to several sets of key questions and certain exercises. As these sets are designed to permit us to give you special help if it is found to be needed and as the replies you give largely govern the speed with which you are advanced in the degrees, you are urged to send them in promptly.

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The Complete Symbol for the Third Degree Student is:



of Being - YOUR Being.

**MIND'S DUALITY** In the last lesson we referred briefly to the dual, or two-fold, nature of your Mind - the Conscious and the Sub-conscious Mind. In this lesson, we shall ask you to go a little deeper along these lines and shall stress the modern psychological side, rather than the Biblical psychological teachings.

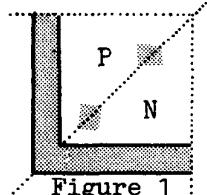


Figure 1

Here in Figure 1, you will see the Mayan Symbol showing the Mind's Duality. The Square, when shown thus, represents the Mental part of your Being. The half labeled P represents the Positive (giving out) part of your Mentation, or the Department of the Conscious Mind. N represents the Negative (receiving) part, or the Department of the Sub-conscious Mind.

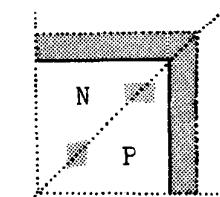


Figure 2

In Figure 2, you will see the Mayan Symbol showing the Soul's Duality. The Square, when shown thus, represents the Soul or Substance part of your Being. N (receiving) represents the Department of Character; P (giving out) represents the Department of Creative Imagination.

Before we read further, it is suggested that you draw these symbols also. Label the first one "Mind" and mark the two divisions of "Conscious Mind" and "Sub-conscious Mind" in their proper order. Do

Symbolism is an ancient method of transmittal of knowledge. Symbols will become very important in helping you gain understanding of some of the lessons to come. The Mayans trace the symbol of the Square into remote periods of antiquity. Information never before recorded in the written word will be made known to you through these symbols. Understanding beyond what can be written in words will be gained by those who carefully study these symbols through later lessons.

Before we progress into this lesson, draw the symbol as shown here. In it you see the four parts

likewise with Figure 2, labeling the two divisions as explained above.

Study carefully these last two figures you have drawn and their meaning. Close your eyes and visualize them in your "Mind's eye". Then, as you read further in this lesson and subsequent lessons, exercise your intuition by visualizing the divisions and relations of the other of the four parts of your Being.

If you fail to grasp the significance now, DON'T LET IT TROUBLE YOU. It all will be explained in a simple and easy-to-understand manner later. However, if you can apply the present teachings to it now, much more will be revealed to you in this lesson.

For the present, the meaning is not intended to be entirely clear. The Light of Understanding will be given you after you advance further. So, after you have made your reproductions of Figures 1 and 2 and have them well in mind, proceed with this lesson.

The Conscious Mind is the Mind you know about, the Mind you are aware of. It's what you talk about when you say, "I'm going to make up my mind", or "I have a good mind to do so and so". That is the Mind of which you are conscious, the Mind you use to make decisions, to read, to study.

The Sub-conscious Mind is the Mind of which you are not aware unless your attention is drawn to it. Even then it may be a little difficult to convince you of its existence. All knowledge exists in Mind. The Sub-conscious stores up memory of knowledge and releases this memory to your consciousness under certain conditions. The Sub-conscious records everything, every tiny detail of everything you have experienced, thought or felt. These experiences, thoughts and habits are impressed on the Soul Substance in the department of Character. The Sub-conscious also delivers to your Conscious Mind, powers beyond your own comprehension. This is the flow from the Soul Substance in the department of Generation or Creative Intelligence or Creative Imagination. It is this activity that accounts for the works of great inventors, composers and other creative artists. It accounts for geniuses and prodigies.

**HOW YOUR MIND WORKS** An example of the way these two Minds work can be gained from the following: As a child you learned to read. Can you remember how difficult it was to read even simple words? You had to spell out C-A-T and then hesitatingly pronounce it, not sure that you were correct. Later, by a deliberate effort of Mind, you were able to spell many words and to recognize them on sight but you still found reading an effort. Then, after a time, you learned to read without effort, without Conscious thought of the spelling of the words, without even being conscious of the letters composing them. You just read.

Another illustration can be taken from your experience in learning to drive an automobile. At first you found it extremely difficult to coordinate your hands and feet. When you started out, you either forgot to step on the accelerator or you forgot to steer the car. When you wanted to stop, you knew that you should lift your right foot off the accelerator and press on the brake pedal. But you had to think about that simple operation each time you did it.

While you were learning this technique, perhaps you were called upon to stop quickly. Perhaps you were slowly approaching an intersection and the signal lights unexpectedly changed to allow a stream of cross-traffic the right of way.

You had to stop and think what to do and how to do it. By a deliberate effort of Mind, you performed the necessary action and stopped the car.

A few months or a year later, you were a capable driver. You were probably driving faster than you should and you approached the same intersection. Again the signal unexpectedly flashed red. Before you had time to think, you pressed the brake and stopped. It was an "automatic reflex".

While you were learning, you used your Conscious Mind. After you became proficient, you used your Sub-conscious Mind.

More than ninety per cent of your mental life is Sub-conscious. The Conscious part of your Mind is like the low gear in your car. The trouble is that most people stay in low gear too much. The only time they get into high gear is by accident. Make ready to start the training of this high-power, super-speed, streamlined, high-gear, automotive power that you possess.

MIND Know this: That you can use your Mind purposefully if you will or you CONTROL can let it idly drift. You can let it flitter and flutter about like a butterfly from one idle thought to another or you can direct it, concentrate it and get your desires. It is only by Conscious effort that you can control it, and - by control - reach your Sub-consciousness, which is in contact with Universal Mind.

Your Conscious Mind is the watchman at the door. Whatever your Conscious Mind lets enter, enters into the Sub-conscious, which immediately carries it to and impresses it upon your Soul Substance where it remains for eternity. One of the ways in which your Sub-conscious receives is through your Conscious Mind. All you need to get results, then, is teamwork. Remember, we are so constituted that the Subconscious will usually believe anything that the Conscious tells it if told frequently and convincingly. And it communicates that belief to whatever department of your body is involved. Tell a man earnestly, several times, that he looks ill, that he appears sick and ailing - and he begins to show symptoms; before long he is sick.

Your earnestness causes his Conscious Mind to believe what you say. His Conscious Mind thereupon passes the information on to the Sub-conscious, which in time produces symptoms. As he becomes conscious of the actuality of the symptoms, his belief in illness is strengthened and the Sub-conscious obligingly makes him ill. That is the Negative application of the principle.

The same principle applied in the Positive to one who is ill is capable of bringing about a cure. That is why thousands were cured by that great healer, Dr. Coue, by merely repeating the simple formula hundreds of times a day, "Every day in every way I am getting better and better".

The great stumbling block for so many is the struggle to believe. They repeat the affirmation, "Every day in every way I am getting better and better", but privately they are saying to themselves, "But I am not, I am getting worse". As a result, they get worse instead of better. Remember, you get what you expect.

Practically all systems of Metaphysical healing teach that you "have received". This is based on an error in translation of the words of Christ Jesus.

Convincing yourself that you have received a million dollars, for instance, when you know that you have not received it as yet is rather difficult and not psychologically sound, nor sound in any other way.

But with each gain in worldly wealth, with each manifestation of money, no matter how small the amount, you can see that you ARE RECEIVING.

Hence, this is an important difference of method. The one works only when faith is perfect. Few people today attain perfection. The true teaching does not demand perfect faith first, but by its very truth produces it. As you begin to receive, the very evidence gives you more and more of true faith, the unquestioning kind of faith that materializes whatever is demanded of it, from a mere abundance of physical strength to meet an emergency to perfect health or to materializing a million sound, worldly, dollars. "Believe that Ye Receive" means believe that you ARE receiving.

The important word in Coue's famous affirmation is that word GETTING. Believe that you are GETTING better and you do get better. That is how your Mind works. Thousands, pronounced hopeless, were cured by it.

Now here is the point. In any struggle to believe, there is set up the element of doubt. As long as doubt exists, result getting is automatically locked out. Don't struggle with doubt. IGNORE IT. Repeat a good health affirmation many, many times without effort to believe, without Conscious thought, and your Sub-conscious Mind will begin to work on it. When results begin to come, your belief will be strengthened and results will come faster and faster until the cause of your illness is overcome. The best physicians will tell you the cure for any illness is within your own body. Within You is the Power.

#### FOUR INTENSELY INTERESTING DEMONSTRATIONS OF YOUR MIND-POWER AND YOUR IMAGINATIVE POWER.

**FIRST DEMONSTRATION EXERCISE** Try this test of Mind Power. Sitting, quietly and relaxed, compose yourself mentally. Then making a fist of your hand, concentrate intensely upon the thought that the muscles of your hand and wrist are growing taut. Think with all your Mind, "My fist is growing rigid, the muscles are getting tighter, and tighter, and rigid, and stiff, as though they are turning to stone". Keep repeating and thinking, "tighter, and tighter, and more stone-like". Put your whole Mind on that thought.

If you have held the thought intently you will find that the muscles have tightened and hardened to an extent beyond what you believed possible. And they will remain so until you let another thought into your Mind. Try this on others being careful to explain to them exactly what thoughts to hold in their Minds.

- 0 -

**SECOND DEMONSTRATION EXERCISE** Now, repeat the above and with your fist tightly closed and holding the feeling of rigidity strongly in your Mind, try this thought. Imagine with ALL YOUR MIND that you cannot open your hand. Imagine that the muscles have turned to stone and holding that thought,

STRONGLY imagining that you cannot, try to open your hand by an effort of will. Continue to imagine you cannot and try. You cannot open it; not as long as your imagination continues to believe that you cannot. Stop imagining, even for an instant, and the Will causes it to slowly start opening. Here is the rule: In any contest between Will Power and Imagination, no matter how strong is Will Power, Imagination will win.

- 0 -

**THIRD DEMONSTRATION EXERCISE** Now, try this test of your Imagination and Mind Power. This exercise requires a slight degree more intense concentration. Close your eyes. Take a deep breath and relax. Now, imagine with all your mind a beautiful, full-blown rose. Imagine that you hold it in your right hand. Let your imagination picture it so clearly that you can actually see it in your Mind's eye in all its lovely perfection. Raise your hand slowly while your eyes remain closed and in your imagination SEE the color of it and SEE the shape of it. Now, still holding this image clearly and strongly in your mind, raise your hand to your nose and imagine the perfume of the flower.

If the image of the flower is clearly and strongly pictured in your mind you will be astonished to notice that faintly and subtly you DO smell the perfume of the rose. Repeat this exercise several times, then proceed.

- 0 -

**FOURTH DEMONSTRATION EXERCISE** Here is one more test that illustrates how your mind controls your body and causes it to act in relation to your thoughts. Tie a small button on the end of a thread or string about twelve or fourteen inches long. Tie the other end of the string to a short stick or rod about the length of a lead pencil as in Figure 1 on the following page. Hold this like a miniature fishing pole as in Figure 1. Suspend the button so that it hangs free about one inch above the dot in the center of the circle in Figure 2. Now let your eyes move steadily and continuously with a rhythm of movement from A to B and B to A. Up and down and up and down. In a short time you will find the button swinging up and down this line. Now try it again, this time moving your eyes from C to D in the same way. You will find the button also swinging in this direction. Next let your eyes follow the circle in a clock-wise direction. Shortly, without any conscious movement on your part, the button will be swinging in a circle.



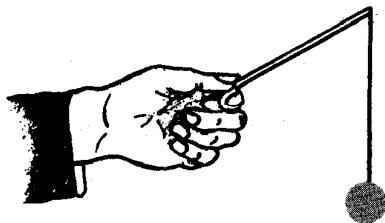


Figure 1

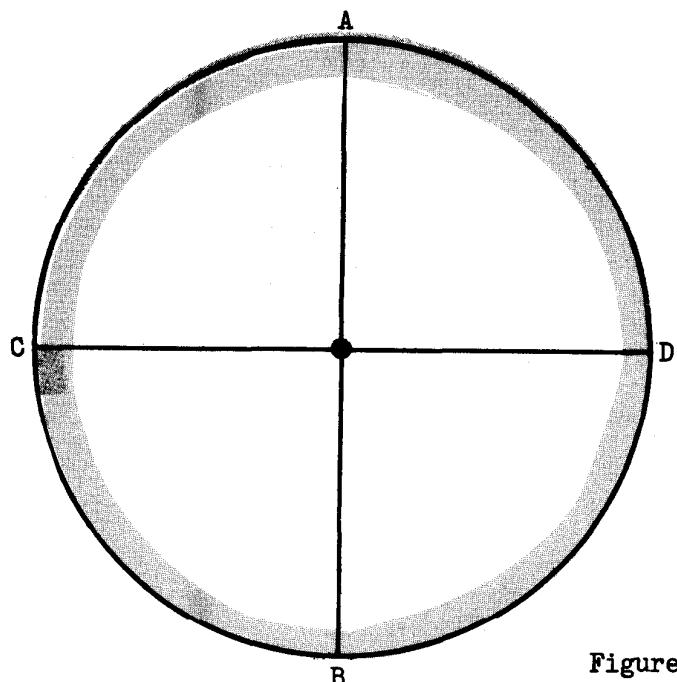


Figure 2

These are simple demonstrations of Mind over body. Whatever direction you think, in that direction will the button swing if you think intensely. Whatever direction you desire it to swing, that is the direction it will swing. Your Mind controls it.



The most important duty of your Conscious Mind is to center your thoughts, to concentrate them, on the thing you want and, at the same time, to shut the door on fear, worry and disease.

MASTERY Gain that ability, master it and nothing is impossible to you. Read OF MIND this lesson several times. Think with me. Try the things I suggest on yourself first and then on others. Get understanding of them - know them - use them. Understanding of this lesson alone should enable you to overcome any disease you might be suffering from. Later we shall take up Healing in greater detail. Know that you are making progress. Brick by brick, a great city is built. Thought upon thought ... Revelation upon Revelation ... you are remaking yourself ... until at last you will be "as one born again" ... and born in the image of your expectations.



Impress this rule upon your memory: The Sub-conscious Mind takes the thoughts you send in to it. Left alone, it will work them out to their logical conclusion - good or bad, according to your thoughts, your beliefs.

Think health and vigor, and it works out vigor and health within your body. Let someone suggest ill health or think it yourself or fear it or worry about it, and it goes to work on that and follows it through to the logical

conclusion. Fear an accident and you'll have one; perhaps not right away but at the first opportunity.

- 0 -

WHAT FEAR An automobile racing driver at the famous Speedway in Indianapolis CAN DO went into the race one year fearing an accident. He was obsessed with fear and in his imagination he saw a thousand different varieties of "crack-ups". "Premonition" some said the next day. I hardly think so. Fear paralyzed his reflexes. When he saw a car skid badly and turn over ahead of him, all the fear thoughts he had let into his Sub-conscious Mind crystallized and, instead of avoiding the wreck, he deliberately turned into it.

Have you ever had an experience on this order? Have you ever done the very thing you didn't intend to do and then wondered why? If you have, if you'll search your Mind, you find that you did the thing you feared, FOR FEAR IS ALSO A FORM OF EXPECTATION.

Have you ever dreamed that you were in the midst of a large assembly or in some public spot and suddenly realized that you were completely and embarrassingly nude? That is the working of the Sub-conscious Mind again. Perhaps a few days before you were startled by someone unexpectedly trying to enter a room where you were dressing or bathing or a similar circumstance. The sudden reaction produced a brief fear-shock on your Sub-conscious. Your Sub-conscious Mind couldn't very well denude you of your clothes because they are outside your body, so the old Sub-conscious undresses you in public in your dreams. You feared being seen without clothing, so what you feared was delivered even if only in a dream.

Asleep or awake, your Mind is master of your body. The brain is only the switchboard through which the Mind operates. The Mind directs every function of your body. It controls your body in every part to the last drop of blood and the last cell of your tissues. Your body is like a little universe and your Sub-conscious Mind is like the radiating sun in its center. Your Conscious thought is like the directing force of that sun, for the Conscious Mind can direct the Sub-conscious Mind even though the latter once set in action is by far the most powerful of the two.

- 0 -

Your Sub-conscious Mind is exceedingly wise. It is very powerful. It knows many things that are not in books. It never tires. It never sleeps. It has infallible judgment. It is the greatest part of You. Yet, it is your servant. It is your means to contact and know God. It is the reflection of God manifesting.

There is within You a mighty, resistless force, capable of doing things that will dazzle your reason and stagger your imagination. You, as a Mayan, are preparing to know this force and to learn to use it. Let us build you a firm and sound foundation, laboring together slowly but strongly. Let us erect your temple.



"For life is the mirror of king and slave.  
'Tis just what you are and do;  
Then give to the world the best you have,  
And the best will come back to you."

THE MAYANS

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The following is an extremely simple exercise of Mayan cipher writing. It is intended to be used only for transmitting certain Secret instructions such as pass-words, etc. to protect them from accidental revealment to the eyes of those not of our Order. Here is the key:

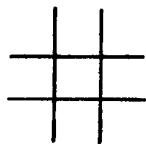


Figure 1.  
Contains the first  
nine letters of the  
alphabet.

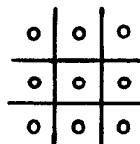


Figure 2.  
Contains the next  
nine letters of the  
alphabet.

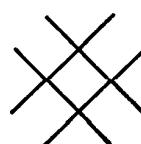
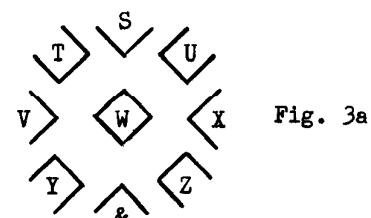
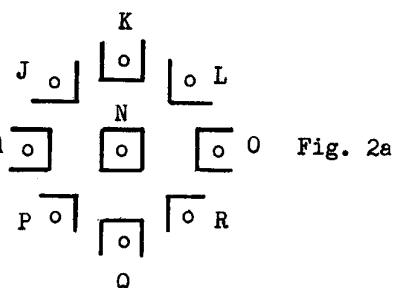
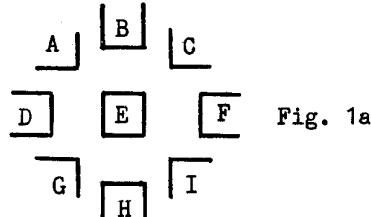


Figure 3.  
Contains eight  
letters of the  
alphabet.

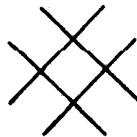
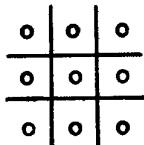
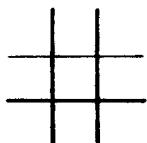
Now turn your attention to Figure 1. If you were to detach the upper left-hand corner from this figure, you would have the symbol   . Therefore,    represents the letter A. If you were to detach the upper center from the figure, you would have the symbol   . Therefore,    represents the letter B. In Figure 1a (to the right of this paragraph), you will continue similarly to find the symbols for the first nine letters of the alphabet.

Figure 2 merely adds dots to the symbols and follows through the alphabet in the same order, starting with the upper left-hand corner as you did in Figure 1. Using Figure 2a, learn the symbols for the second nine letters of the alphabet.

The last eight letters and the symbol for "and" are given you in Figure 3a, which is slightly different from the preceding figures. Study it until you are familiar with the symbols it reveals.



Fill in the blanks below with the proper letters as shown in Figures 1a, 2a and 3a on the preceding page:



Now write the appropriate letters beneath the symbols shown below:



Write letters here .....



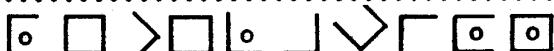
Write letters here .....



Write letters here .....



Write letters here .....



Now decipher this:

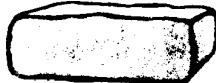


Now decipher this:

Write letters here .....

Now decipher the three words given in the Special Instruction at the end of the Third Revelation. Write your name or whatever you choose, in order to practice the use of this cipher but destroy your notes when you have completed your study. Keep this key private. Shortly you will receive the first of the Third Degree Pass-Words.

(PLEASE KEEP THIS PAGE AND PAGE 8 FOR FUTURE REFERENCE  
TO MORE ADVANCED LESSONS).



Your next Mayan Revelation quotes seven persons of world renown who believe in these teachings and then, for good measure, quotes seven more. These fourteen persons include famous writers, inventors, world-famous psychologists and scientists who show their agreement and belief in these truths. Some of the Chapter and Subject Headings are: "You - the Greatest Wonder of the World", "What Your Mind is Doing For You", "Statements on Mind", "Intuition, Prodigies and Geniuses", "Instinct" and "Your Possibilities".

## SPECIAL INSTRUCTIONS

### Review This Lesson Several Times

Nightly Program: Perform Exercise Number One before retiring and Exercise Number Five after retiring. (Lesson No. 2 and Lesson No. 4.)

1st. Attach to this page your copies of Figures Number One and Two with the two divisions of each filled in as this lesson directs.

2nd. State your success with the four demonstrations:

The First Demonstration .....

The Second Demonstration .....

The Third Demonstration .....

The Fourth Demonstration .....

Have you had any further experience to report? .....

.....

3rd. Do you feel that you "are receiving" your desires? .....

.....

.....

4th. Do you understand how teaching others Mayan principles such as you have received, will result in you learning them more thoroughly?.....  
And thereby receiving greater benefits for yourself?.....

5th. Do you believe that there is truth in the statement: "Give and you will Receive?" .....

6th. Write this word in The Mayan Cipher, "PYRAMID" .....

FILL IN YOUR NAME AND ADDRESS AND MAIL TO - THE MAYANS, P. O. BOX 2710, SAN ANTONIO, TEXAS 78206.

NAME .....

ADDRESS .....

CITY ..... STATE ..... ZIP .....